

Our simple half marathon
training guide to help you go

The Extra Mile



IKANO
BANK

ROBIN HOOD
MARATHON &
HALF MARATHON
24TH SEPTEMBER 2017



www.robinhoodhalfmarathon.co.uk

Let's go The Extra Mile with Ikano Bank

There are a lot of things you think you can't do. I didn't think I could run my first marathon, way back in 2004. But I did. I didn't think I could get gold in London. But I did. And then again in Rio. I definitely didn't think I'd still be running at this level in my forties. But here I am.

I've helped Ikano Bank put together this guide to hopefully make you realise that you can run a half marathon. You might think you can't do it but I want to be your inspiration. I'm living proof that, if you don't put limits on yourself, you can and will get what you want out of life.

I'll be off to the World Para Athletics Championships in London in July but I'll be with you, training, the whole way until September 24th. Follow this guide, keep up with my progress and we will go the extra mile at the same time.

Good luck with your training.



Richard Whitehead MBE

Ikano Bank Robin Hood Marathon Ambassador



Fartlek

Run like the tortoise and the hare - or stag?

A fartlek session can be either the easiest or hardest thing you do all week.

It's a Swedish term meaning 'speed play', and consists of fast, medium and slow running over a variety of distances.

"It's a proven training technique to help you run (and it sounds funny too)."

After a steady warm-up, simply pick a landmark – for example a tree, lamp-post, or phone box – and run to it hard, then jog (slowly!) until you've recovered and repeat.



Half marathon training

Our simple
14 week
training plan
to help you go
The Extra Mile

 Rest day

 Fartlek

 Run/Jog

 Slow run/Walk

 Strength training

 Cross training

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1		2 miles 	30 mins 	2 miles 		3 miles 	2 miles 
2		2 miles 	30 mins 	2 miles 		3 miles 	2 miles 
3		3 miles  15 mins 	30 mins 	2 miles 		3 miles 	2 miles 
4		2 miles  15 mins 	30 mins 	2 miles 		4 miles 	3 miles 
5		3 miles  15 mins 	40 mins 	3 miles 		5 miles 	3 miles 
6		3 miles 	40 mins 	3 miles 		6 miles 	3 miles 
7		4 miles  15 mins 	40 mins 	4 miles 		7 miles 	3 miles 
8		4 miles  30 mins 	40 mins 	4 miles 	30 mins 	9 miles 	4 miles 
9		4 miles  30 mins 	40 mins 	4 miles 	30 mins 	10 miles 	3 miles 
10		4 miles  30 mins 	40 mins 	4 miles 	30 mins 	10 miles 	3 miles 
11		4 miles  30 mins 	40 mins 	4 miles 	30 mins 	10 miles 	3 miles 
12		4 miles  30 mins 	40 mins 	4 miles 		11 miles 	3 miles 
13		4 miles  30 mins 	40 mins 	4 miles 		6 miles 	3 miles 
14		4 miles 	30 mins 	3 miles 		2 miles 	Half marathon

Cross training



For cross training you need to do something which isn't running. For example you could go swimming. Or cycling. Or do a bit of yoga.



Strength training

Do twenty reps of each movement in the shortest amount of time possible.



Kneeling press ups

Get into a press up position, only on your knees (who'd have thought).



Press ups

Get off your knees and do the same as the kneeling press up.



Plank

Get into a press up position with your forearms on the floor. Tense your abs and hold for 20 seconds.



Lunges

Start with feet shoulder width and step forwards, sinking as low as you can on your back leg, so your back knee nearly touches the floor. Then power through and repeat on your other leg so that you travel forwards.



Squats

Stand with your feet shoulder width apart. Bend your knees and keep your back neutral. Lower yourself until your upper leg is parallel with the ground.



Crunches

Lie on the floor (yay!) with your legs bent. Place your hands behind your head. Now tense your abs and raise your shoulders and chest off of the floor.